

DIVISION OF HEALTH SCIENCES KASISKA SCHOOL OF HEALTH PROFESSIONS DEPARTMENT OF COUNSELING

(208) 282-3156 or 1-800-477-4781

http://www.isu.edu/hpcounsl/workshops.shtml

2013

Professional Development Workshops

Mental Health and Counseling Issues for Counselors, Psychologists, Social Workers, and other Mental Health Professionals

Workshops Generously Sponsored in part by:

Eli Lilly and Company

Pfizer Pharmaceuticals, Inc.

CPH & Associates

Pearl Health Clinic, Idaho Falls

Kootenai Medical Center

CLINICAL SUPERVISION FOR COUNSELORS

LEARNING OBJECTIVES

Increase Understanding, Awareness, and Gain Practical Knowledge of:

Clinical Supervision, Supervisory Roles and Functions, Theoretical Models of Supervision, Types of Supervision Methods, Ethical and Legal Obligations in Supervision, Cultural Implications in Supervision, Forming a Supervisory Working Alliance, and Setting-up Supervision

Acquire Skills and Practice in:

Supervisory Roles and Functions, Theoretical Models of Supervision, Ethical Decision Making and Evaluation in Supervision, Forming a Supervisory Working Alliance, Setting-up Supervision, and Using Creative Prevention/Intervention in Supervision



Pamela Wells, M.A., M.Ed., NCC & Kirsten LaMantia, M.A. (Pocatello)

Tiffany Nielson, M.Coun., LPC & Alyse Anekstein, M.S., LPC, NCC (Pocatello)

Pamela Wells, M.A., M.Ed., Holly Bolton, M.Ed. & Brittany Dennis, MS (Twin Falls)

Alexandria Kerwin, MS, NCC & Beronica M. Salazar, MS, LCPC, ACADC (Meridian)

15 Contact Hours OR 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: \$175

Friday and Saturday, April 12 and 13, 2013, 8:30 a.m.-5:00 p.m. - **Pocatello** Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Friday and Saturday, May 3 and 4, 2013, 8:30 a.m.-5:00 p.m. – **Twin Falls**Location: CSI, 315 Falls Avenue, Taylor Bldg., Room 258

Friday and Saturday, August 23 and 24, 2013, 8:30 a.m.-5:00 p.m. - **Pocatello** Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Friday and Saturday, July 12 and 13, 2013, 8:30 a.m.-5:00 p.m. - **Meridian** Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507

MINDFULNESS STRATEGIES IN THERAPY

Description:

Recovery from anxiety and depression presents huge challenges for both clients and clinicians. Mindfulness practices facilitate clients' movement through recovery and beyond. Rewiring the brain to experience greater happiness allows for this recovery. Mindfulness practices such as meditation, breath work, deep relaxation, and more produce immediate results for clients and clinicians. This training focuses on lecture followed by experiential practice, so clinicians can experience the results of mindfulness techniques.

Workshop Objectives:

Join Jill Weadick, LCPC for this informative and restoring two days to explore empirically supported approaches to mindfulness in therapy. You will learn brief, easily implemented, clinical interventions for regulating emotions, improving mood, and cultivating positive thinking. Learn why and how these mindfulness practices are effective and how they work to treat anxiety and depression.

Jill Weadick, M.Ed., LCPC

15 Contact Hours **OR** 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: \$175

Friday and Saturday, June 14 and 15, 2013, 8:30 a.m.-5:00 p.m. - **Pocatello** Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Friday and Saturday, August 23 and 24, 2013, 8:30 a.m.-5:00 p.m. – **Meridian** Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507



ETHICAL ISSUES IN PSR AND PSR SUPERVISION

Description:

Psychosocial Rehabilitation (PSR) services in the state of Idaho are an important and effective intervention to assist Idahoans experiencing symptoms of mental illness. Across the state there are providers who are upholding this service as a benefit to our local communities. Effective service delivery involves maintaining Ethical Practices as they pertain to PSR Specialists. USPRA has set forth national guidelines for the delivery of these services, and the State of Idaho has established clear expectations for how PSR services are delivered. This course is intended to assist practitioners of Psychosocial Rehab to explore and identify the inherent challenges of providing professional and ethical services.

Specific Issues Addressed: Confidentiality, Supervision Models, Coordination of Care, Provider Fraud, Treatment Planning, Cultural Issues

Zakery Warren, M.Coun., LCPC, NCC

4 contact hours available

Registration Fee: \$75

Friday, June 14, 2013, 9:00 a.m.-1:00 p.m. - **Meridian**Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507

Saturday, July 20, 2013, 9:00 a.m.-1:00 p.m. - **Pocatello** Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

EATING DISORDERS

Description:

Practical experience in the assessment and treatment of Eating Disorders in private practice.

Learning Objectives for the workshop include:

An understanding of the specific diagnoses of an Eating Disorder including physical and emotional symptomology, sociocultural impact, genetic influences, and the effect and role of the family. An evidence based treatment model will be reviewed along with skill sets for the treatment of Eating Disorders.

- 1. Describe specific diagnostic pathology of Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and EDNOS.
- 2. Identify the symptoms (psychological and physical) of ED's
- 3. Identify Stages of Eating Disorders and an Evidence-based Treatment Model
- 4. Implement a Multidiscipline Approach
- 5. Understand the Role of the Family within Treatment
- 6. Discuss Sociocultural Influences of Body Image related to ED's.

Kristi L. Shohet, MS, LCPC

15 Contact Hours **OR** 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: \$175

Friday and Saturday, June 7 and 8, 2013, 8:30 a.m.-5:00 p.m. - **Pocatello** Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Friday and Saturday, August 9 and 10, 2013, 8:30 a.m.-5:00 p.m. - **Meridian** Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507

PSYCHODIAGNOSIS: PSYCHOTROPIC MEDICATIONS AND NEUROBIOLOGY

Description: There has been an unprecedented proliferation of psychopharmacologic agents in the last few years. Mechanisms of action for these agents, as well as the mechanisms and underpinnings of mental illness has been further understood in refined and provide a rational basis for therapeutic choices. Clinicians are confronted with a dizzying array of active agents, both new and old, and are likewise sometimes confronted with puzzling clinical effects on our patients. Furthermore, many patients are concurrently treated with multiple agents, which often have both well understood, and sometimes unpredictable and even potentially dangerous interactions. This one credit graduate level class will address these issues as well as the whole arena of psychopharmacology. The fundamental underpinnings of modern psychopharmacology will be discussed, presenting it first from a discussion of basic cellular biology and neuronal signal transmission, through the mechanisms and theory of psychopharmacology through practical application of medications and their use in clinical diagnostic groups. The issue of polypharmacy, both rational and irrational will be discussed as will the impact of concurrent medical illness on mental health diagnosis and treatment. The class will provide a forum for discussing current advances in the treatment in psychiatric illness.

Learning Objectives:

- 1. The participant will be able to discuss the fundamental architecture of the central nervous system and neuronal signal transmission.
- 2. Participant will be able to identify the key concepts of pharmacokinetics including absorption, half-life and the elimination of drugs.
- 3. Participant will be able to articulate the principles of drug-to-drug interaction.
- 4. Participant will be able to identify potentially life-threatening drug interactions.
- 5. The participant will understand the commonest strategies and managing refractory depression.
- 6. Participant will understand the commonest strategies for managing refractory bipolar disorder.
- 7. Participant will understand the commonest strategies for managing refractory schizophrenia.
- 8. Participant will understand the pitfalls of opiate prescribing and means of managing habituated and addicted persons.
- 9. Participants will be able to understand and discuss current pharmacologic treatments of addiction.
- 10. Participants were recognized the commonest medical conditions that afflict the mentally ill, and learn to screen for them and seek their appropriate management.
- 11. At the end of the class, the Participant should be able to identify current treatments for major DSM-IV-TR diagnoses, and articulate risks and benefits of major agents as well as circumstances where combinations might be harmful and others where combinations might be advantageous.

Workshop presentations will be in a lecture style with PowerPoint and written materials.

Stephen A. DeNagy, M.D., ASCP

15 Contact Hours OR 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: \$175

Friday and Saturday, June 21 and 22, 2013, 9:00 a.m.-5:30 p.m. – **Twin Falls** Location: CSI, 315 Falls Ave., Hepworth Bldg., Room 140

COUNSELING ETHICS

Ethical Considerations in Working with Adolescents

3 contact hours - Registration Fee: \$50

Anna Elliott, MA, LPC & H. Maurice Pittman, Jr., MS

Saturday, April 27, 2013, 9:00 a.m. - 12:00 p.m. - **Pocatello** Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Description:

Experience a broadened perspective of the joys and challenges of working ethically with adolescents. This workshop focuses on the ethical considerations necessary for treating adolescents' mental health. Considerations include: informed consent, mandated reporting, duty to warn, parents' role in counseling, and selecting appropriate treatment interventions. We will also cover the specific guidelines outlined in the American Counseling Association's code of ethics that relate to work with adolescents.

Sudden Impact: Ethical Considerations of Diagnosing and Managed Care

3 contact hours - Registration Fee: \$50

Lynn Bohecker, LMFT & Matt Niece, M.Coun., LPC, NCC

Saturday, September 7, 2013, 10:00 a.m. - 1:00 p.m. – **Meridian** Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507

Description:

This workshop examines ethical concerns connected with diagnosing clients and the impacts of managed care for counselors and other mental health professionals. This workshop focuses on the impact that diagnoses have on clients and the counseling profession as a whole. Presenters explore how the changes implemented in the DSM 5 impact the process of diagnosing. Participants evaluate case studies and engage in experiential exercises promoting a clearer understanding of how to navigate certain ethical dilemmas.

INTRODUCTION TO PLAY AND SAND PLAY THERAPY

Description:

This training will help guide the therapist in helping both children and adults with sand play. You will learn how to use toys and sand play to help children, as well as sand play to help adults. We will be using actual sand trays, with images (figures) in the training. This gives participants both hands-on experience with sand play, as well as necessary self-care and renewal. Theory of sand play from a variety of sources, as well as specific training on non-directive uses of sand play and play therapy will be focused upon. These tools encourage therapeutic presence and self-care, which creates positive internal change for the therapist and clients of all ages.

Learning Objectives:

Join Jill Weadick, LCPC, and Jennifer Kerner, LCPC for this informative two days and explore empirically supported approaches to play therapy and sand play through lectures, small group work and personal sand play world building. You will learn easily implemented, clinical interventions for guiding children and adults in play, sand play, and cultivating positive internal change. Learn why these practices are effective and how they work to provide positive therapeutic change.

Jill Weadick, M.Ed. in Coun., LCPC and Jennifer Kerner, M. Coun., LCPC

15 Contact Hours **OR** 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: \$175

Friday and Saturday, May 31 and June 1, 2013, 8:30 a.m.-5:00 p.m. - **Pocatello** Location: ISU, 1400 E. Terry Street, Garrison Hall, Building 63, Room 726

Friday and Saturday, July 19 and 20, 2013, 8:30 a.m.-5:00 p.m. – **Meridian** Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 506



ETHICS IN PRIVATE PRACTICE, PSR AND CASE MANAGEMENT

Description:

Psychological classification systems, mental status evaluations in relation to Adult Disorders.

Learning Objectives:

- Obtain and discuss ethical codes, statutes and rules relevant to one's Licensee
- Identify and communicate the resulting harm that is precipitated from ethical / legal violations
- Professional risks and vulnerabilities that adversely impact objective decisionmaking.
- · Learn the warning signs of ethical dilemmas

Spectrum of violations

- Confidentiality and Privilege
- Client and practice records
- Duty to Warn & Mandatory Reporting
- Dual Relationships and Conflicts of Interest
- Client/Practice Termination
- Dealing with other therapist ethical violations

Thana Singarajah, Ed.D., LCPC, NCC

3 Contact Hours Available

Registration Fee: \$75

Thursday, May 30, 2013, 5:00 p.m. - 8:00 p.m. - Coeur d'Alene Location: Kootenai Medical Center, 2003 Lincoln Way, KMC Main Facility

Thursday, June 6, 2013, 5:00 p.m. - 8:00 p.m. - **Meridian**Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507

Saturday, October 26, 2013, 9:00 a.m. - 12:00 noon - **Pocatello** Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

ETHICS IN FAMILY, COUPLE AND MARRIAGE COUNSELING

Description:

Often a complex process of personal values, client-family values, and theoretical orientation, this workshop presents the latest research and ethical considerations when counseling couples and families. This workshop will focus on dual relationships and conflicts of interest; defining the client; confidentiality and family secrets; therapeutic neutrality; record keeping; duty to warn and mandatory reporting as well as other ethical concerns when working with clients, couples and their families. Participants will discuss case studies and engage in experiential exercises, including constructing an ethical genogram and how personal wellness impacts ethical decision making.

Katie Kostohryz, Ph.D.

3 Contact Hours Available

Registration Fee: \$75

Saturday, June 29, 2013, 10:00 a.m. - 1:00 p.m. - **Meridian**Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507

Saturday, September 28, 2013, 9:00 a.m. - 12:00 noon - **Pocatello** Location: ISU, 1400 E. Terry Street, Garrison Hall, Building 63, Room 726



JOURNEYS: MULTICULTURAL & ETHICAL CONCERNS IN GRIEF COUNSELING OF DIVERSE GROUPS

Description:

A moth, a chrysanthemum, a white shroud, a shattered vase... these are metaphors that can speak differently to individuals, depending on their background. This workshop is aimed at sharing a method of working with a multi-cultural and multi-religious grief group. Religion, spirituality and culture have a positive impact on the experience of bereavement and the journey individuals face as they work through their grief and loss (Cowles, 1996; Kelly & Chan, 2012; Milstein, Manierre & Yali, 2010). Thus, a challenge of working with a heterogeneous grief group is the inclusion of spirituality into the counseling session in a sensitive and respectful manner. Group sessions need to be conducted and done without members feeling left out, without imposing upon individual beliefs of others or getting derailed by religious hot-topics (Cornish & Wade, 2010). The method shared in this workshop gives group members the choice and power to bring spirituality or culture into the group session, without the therapist initiating a specific structure or forcing the topic. To facilitate this, the workshop will introduce a set of grief work-cards that have been developed based on multi-cultural research focusing on Malaysia's four major religions (Buddhism, Christianity, Hinduism, Islam). The pictorial images depicted in the cards are highly symbolic, and based on cultural imagery (both religious and secular); they will be used to elicit social, emotional and cognitive narratives that are reflective of real-life situations (Turk, Brown, Symington & Paul, 2010). The "Journeys" cards are a tool to evoke a deeper, more meaningful sharing of grief and healing from the heterogeneous group. As the clients choose their images and relate the images to their personal grief experience, they are free to express their personal narratives and meaning without the need for justification.

Anasuya Jegathevi Jegathesan, Ph.D.

4 contact hours available

Registration Fee: \$75 – Professionals \$30 – ISU Counseling Students & Faculty

Friday, May 3, 2013, 8:30 a.m. - 12:30 pm - **Pocatello**Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726







PSYCHODIAGNOSIS: CULTURAL, ETHICAL AND BIOLOGICAL FACTORS IN DIAGNOSIS

Description:

Understanding the impact of factors such as age, gender, ethnic, spiritual, socio economical and culture on the psychological classification systems, mental status evaluations. This will include some ethnic treatment and methods unique in certain beliefs including the use of psychotropic drugs and herbs. This will be studied within the context of the Enculturation Model developed by Dr. Thana Singarajah.

Objectives:

- The student will understand the diagnostic criteria and methodology utilized in the Diagnostic and Statistical Manual of Mental Disorders.
- The student will be able to correctly diagnose clients' mental disorders in a classroom case studies and clinical settings.
- The student will be able to demonstrate some knowledge of commonly used psychotropic medications including antipsychotic, antidepressant, anti-anxiety, and sedative/hypnotic agents as well as some understanding of the use of other mind altering herbs in various cultures.
- The student will demonstrate a basic knowledge formulating a treatment plan for clients.
- The student will demonstrate knowledge of client characteristics and behaviors that influence the helping processes, including age, gender, ethnic and cultural factors, personal characteristics, traits capabilities, and life circumstances
- The student will understand ethical and legal issues and demonstrate ethical behavior in client appraisal and diagnosis.
- To encourage student exploration of attitudes, beliefs, understanding, and acculturative experiences.
- To increase student knowledge of multicultural and pluralistic trends.
- To provide students with individual, couple, family, group, and community strategies for treatment planning with diverse populations and ethnic groups.
- To overview the counselor role in social justice, advocacy and conflict resolution, cultural self-awareness, the nature of biases and prejudices, and processes of intentional and unintentional oppression and discrimination in mental health treatment
- To overview theories, mainly the Enculturation model for a better understanding off diagnosis.

Thana Singarajah, Ed.D., LCPC, NCC

15 Contact Hours **OR** 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: \$175 (Pocatello & Meridian) \$195 (Coeur d'Alene)

Friday and Saturday, May 31 and June 1, 2013, 8:30 a.m.-5:00 p.m. – **Coeur d'Alene** Location: Kootenai Medical Center, 2003 Lincoln Way, KMC Main Facility

Friday and Saturday, June 7 and 8, 2013, 8:30 a.m.-5:00 p.m. - **Meridian** Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507

Two Saturdays, September 14 and 21, 2013, 8:30 a.m.-5:00 p.m. - **Pocatello** Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

PRESENTERS

Alyse Anekstein, M.S., LPC, NCC, is currently pursuing a Ph.D. in Counselor Education and Counseling at Idaho State University. She received her Master's degree from the University of Nevada, Las Vegas with a dual concentration in professional school counseling and clinical mental health counseling. Her scholarly interests include the use of creative interventions, sandtray therapy, transpersonal psychology, and counseling from a holistic perspective.

Lynn Bohecker, LMFT, is a doctoral student at Idaho State University in Counselor Education. She is a Licensed Marriage & Family Therapist and is also listed on the Idaho Supreme Court's roster as a Child Custody Mediator. She is an adjunct professor at Northwest Nazarene University and has served as Clinical Supervisor for several community mental health programs.

Holly Bolton, M.Ed., is a second year Doctoral student in the Department of Counseling at Idaho State University. Originally from Southeastern Louisiana, I have lived, been educated, and worked in Bozeman, Montana for the better part of the past decade. In 2006, I graduated from Montana State University with a M.Ed. in School Counseling, and worked in the field as a Professional School Counselor for the subsequent three years. In 2009, I returned to MSU Bozeman as an Adjunct Instructor in the Counseling Master's program, and eventually fulfilled the role of School Counseling Program Leader. Throughout my time in the field, I realized that I enjoyed working with students at a variety of developmental levels. Whether I was teaching at the Kindergarten or Master's level, I discovered my true passion for education and the process of learning along this broad continuum of development and life stages. My areas of interest and future research include prevention, parent education, child and adolescent development, and counselor development. I am specifically interested in the transfer and application of pre-practicum skills to the practicum environment, especially within the school setting.

Stephen A. DeNagy, M.D., ASCP, is a board certified clinical psychopharmacologist and internal medicine specialist who has been practicing behavioral medicine for over 20 years. He lectures extensively for both university and industry presentations, and is equally at ease with a group of paraprofessionals or clients as he is with an audience of psychiatrists. In the clinic he treats both children and adults in a practice which is predominantly referral-based of refractory bipolar, depressed, ADHD and/or schizophrenic clients.

Brittany Dennis, MS, is a first year doctoral student at Idaho State University in Counselor Education.

Anna Elliott, MA, LPC, is a first year doctoral student in the counseling department at Idaho State University. Originally from Massachusetts, her clinical passions include work with adolescents, wilderness therapy, trauma, and eating disorders. She currently works with domestic violence survivors in Pocatello.

Anasuya Jegathevi Jegathesan, Ph.D., or better known to some of Idaho State University faculty and students as Dr. AJJ, is the Academic Chair of the Masters in Counseling Program in the Faculty of Behavioral Sciences, HELP University, Malaysia. She has been working closely with the Study, Train and Teach Abroad program with the Department of Counseling, Idaho State University. She received her Ph.D in Counseling from the University of South Australia and her Masters in Guidance and Counseling at the International Islamic University, Malaysia. Her recent CONFERENCE PAPERS include: Jegathesan, A.J. Metaphors of Death: The images of the life worlds of Malaysians in the experience of death, grieving and healing, 2nd Malaysian Psychology Conference dated 20-21 October 2012. Jegathesan, A.J. (June, 2012) "Faces of Grief; Cross-cultural bereavement and support in Malaysia" 18th PERKAMA National Conference, Sabah, Malaysia

Jennifer Kerner, M. Coun., LCPC, has been working with children, adolescents, and adults since 1996. She has attended several seminars regarding children's therapy, and attended the Association for Play Therapy's conference in Los Angeles in 2007 where she received training on sand tray from leaders in the field. She has also attended in depth sand tray training from Gisela Schubach De Domenico in 2009.

Alexandria Kerwin, MS, NCC, is currently studying counselor education as a 2nd year doctoral student at Idaho State University-Meridian. Before pursuing a doctoral degree, Alex worked with children as a Licensed Professional Counselor in the state of Mississippi. Her research interests include counselor education and supervision, professional identity, adventure based counseling, and transpersonal counseling.

Katie Kostohryz, Ph.D., joined Idaho State University's Department of Counseling in the fall of 2011. She teaches a variety of classes to counselors-in-training: Theories of Couple and Family Counseling, Family Assessment, Issues in Family Counseling, Grief and Loss, Advanced Diversity, Counseling Adolescents, and Instructional Theory. She received her Ph.D. in Counselor Education and Supervision from Ohio University, her M.A. from the University of Northern Colorado and a B.A. from Monmouth University in West Long Branch, New Jersey. She is a Licensed Professional Counselor in the state of Idaho and her clinical experience includes counseling a wide range of individuals, couples, children and families. Her scholarly and research interests include wellness, children and family counseling, counselor education and supervision, grief and loss, and re-entry for study abroad and international students.

Kirsten LaMantia, M.A., is a doctoral student at Idaho State University. Originating from Chicago, Illinois, she practices within LGBTQ and domestic violence counseling with an emphasis on multicultural competencies.

Matt Niece, M.Coun, LPC, NCC, is a second year doctoral student at Idaho State University in Counselor Education and Supervision. He is Licensed Professional Counselor and is the Counseling Director at Unity Health Center.

Tiffany Nielson, M.Coun., LPC, is currently a doctoral student at Idaho State University studying counselor education and supervision. She is a Licensed Counselor practicing at Bright Tomorrows CAC and is trained in trauma focused cognitive behavior therapy in working with victims of child sexual abuse. She also has training in couples and families work.

H. Maurice Pittman, Jr., MS in Counseling-Student Affairs and School Counseling is currently pursuing a Ph.D. in Counselor Education at Idaho State University.

Beronica M. Salazar, MS, LCPC, ACADC, is a first year doctoral student in Counselor Education and Counseling at Idaho State University. She is a Licensed Clinical Professional Counselor, a Nationally Certified Counselor, and an Advanced Certified Drug Alcohol Counselor. She is an approved supervisor. She received her Masters of Science in Marriage & Family from Northwest Nazarene University. She is trained and experienced in working with individuals, couples and families with clinical and relational issues in private/public settings. She has also served as an Adjunct Professor at Northwest Nazarene University.

Kristi L. Shohet, MS, LCPC, is a Licensed Clinical Professional Counselor (LCPC) and holds a Master's of Science degree in Clinical Psychology. I have a specialization in Eating Disorders and have worked with clients in outpatient, day treatment, and residential treatment facilities. I completed my internship training at Monte Nido, an internationally known Residential Treatment Center (RTC) in California for clients with anorexia, bulimia, and exercise disorders. Monte Nido was founded by Carolyn Costin, MA, MFCC, a distinguished author, director, journal editor, and board member of the National Eating Disorder Association (NEDA). Additionally, my experience includes counseling, psychological and neuropsychological testing for mental health and drug trial clinics treating both adolescents and adults. My primary focus was on depression, addictions, eating disorders, obsessive compulsive disorder, and generalized anxiety disorder. Similarly I have published research in psychological journals on these conditions.

Thana Singarajah, Ed.D., LCPC, NCC, has been the Director of Pearl Health Clinic, a counseling and medical agency, and has managed Mental health and Medical clinics for over 25 years. He has also had 54 foster children, three of whom he has adopted, (Daniel, Michael and Brian). He is also a Clinical Assistant Professor in the Department of Counseling at Idaho State University and has taught in the areas of mental disorders of children, professional supervision, and cultural counseling in foreign countries and in several states in the U.S.A. He maintains an active private counseling practice in Idaho Falls and consults with schools and therapists.

Zak Warren, M.Coun., LCPC, is a 2007 graduate of Idaho State University Master's of Counseling program. He has been in clinical practice in Idaho Falls since 2007. During his career Zak has worked with various clients and settings. He has extensive experience with Diagnosis and Treatment planning as well as work in substance abuse counseling. He is currently a full-time Counselor at Pearl Health Clinic in Idaho Falls, Idaho where he sees clients for depression, anxiety, PTSD, and other mood disorders. He is passionate about his work with couples counseling and enjoys teaching and providing community workshops for communication and stress management in relationships.

Jill Weadick, M.Ed in Coun., LCPC, has been working with children, adolescents, and adults since 1998. Jill attended sand tray training in 2000. She has also done personal therapeutic work with sand tray in 2001 working on her personal process with a credentialed art therapist. She has attended several seminars regarding children's therapy, and attended the Association for Play Therapy's conference in Los Angeles in 2007 where she received more training on sand tray from leaders in the field. She has created a blog at www.jillweadick.com to teach others about sandtray and the specifics of creating inner joy and a passionate life.

Pamela C. Wells, M.Ed., M.A., NCC, has 15 years experience in student affairs administration and mental health counseling. Her research interest areas include spirituality, supervision and technology in counseling. Pamela also is interested in exploring the phenomena of re-entry after an international sojourn.

REGISTRATION INSTRUCTIONS:

To Register: Please fill out the application form COMPLETELY and mail along with your check (no credit cards accepted) payable to ISU Department of Counseling. Your canceled check acts as a receipt confirming payment and enrollment in any workshop. NO CONFIRMATION LETTERS WILL BE SENT! Also, please check the appropriate box on the application form if you will be taking a workshop for graduate credit.

Please check in 15 minutes prior to workshop.

CONTACT HOURS: Certificates are included with workshop fee and distributed at the end of the workshop.

OR

GRADUATE CREDIT: Attend both days to receive 1 graduate credit. ISU Professional Development/Short Course Form distributed last day of workshop and \$50 credit fee collected (Checks, Visa or Master Card only). DO NOT include credit fee with your workshop registration fee. No fee waivers/vouchers accepted. Please note that credit is for professional development, but may, upon petition, be accepted for graduate programs at the discretion of the academic department. See http://www.isu.edu (current students) and click on Bengal Web for unofficial transcripts. (For help 282-4357) Grades will only be posted the end of a semester.

Late Fee: A \$30 LATE FEE will be assessed for applications POSTMARKED less than 14 calendar days from the start of the workshop.

Cancellation Policy: We reserve the right to cancel any workshop. Cancellations will be done no less than 10 working days before the workshop and your full fee will be refunded. If you cancel your enrollment ten working days before a workshop, there will be a 25% handling fee to make refunds. You are welcome to substitute someone else in your place. If you cancel your enrollment less than ten workings days before a workshop, there will be no refund. Due to overenrollment in the past, maximum enrollment is considered on a workshop-by-workshop basis. All applications received that are over the limited number of seats will be returned.

Meridian Workshops: Please note that the ISU-Meridian campus is located at 1311 E. Central Drive, Meridian, Idaho.

Coeur d'Alene Workshops: We request those who are interested in workshops held in Coeur d'Alene register at least one month in advance as this is when we will decide whether or not there is enough enrollment to conduct the workshop.

Parking at ISU: You can purchase a visitor's parking pass for general and a map of the ISU campus at the Parking Office on 5th & Humbolt Street or come 15 minutes early and get one from us to take back to put in your car. You will not need a visitor's parking pass for Saturdays, but please be sure to park in general and not in the dorm parking. You will not need a visitor's parking pass for general on Fridays from May 10 – August 22.

THANK YOU FOR YOUR CONTINUED SUPPORT OF THE PROFESSIONAL DEVELOPMENT WORKSHOPS SPONSORED BY THE DEPARTMENT OF COUNSELING AT IDAHO STATE UNIVERSITY.

IF YOU HAVE SUGGESTIONS FOR FUTURE WORKSHOPS, PLEASE EMAIL:

Dr. Thana Singarajah, Director

Professional Development Workshops

singthan@isu.edu

MENTAL HEALTH WORKSHOP APPLICATION 2013

(Please print · All information is very important, especially phone numbers where we can reach you) Make copies as needed.			Mail completed form to: Department of Counseling Idaho State University 921 S. 8 th Ave, Stop 8120		
Name:			Pocatello, ID 83209-8120		
Address:		L			
City:					
Daytime/Work Phone:	Home Phone:	·			
Please provide email for future notifications:					
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<u>Workshop</u> (check those to be attended)	<u>Location</u>	<u>Date</u>		<u>edit</u> ⊠	Registration Fee*
□ Clinical Supervision for Counselors	Pocatello	April 12 &	13	□ ••	\$175
☐ Ethical Considerations in Working w/Adolescents		April 27		N/A	\$ 50
□ Journeys: Multicultural-Ethical Concerns in Grief		May 3 (Prof			\$ 75
□ Journeys: Multicultural-Ethical Concerns in Grief		May 3 (Stud			\$ 30
☐ Introduction to Play and Sand Play Therapy	Pocatello	May 31 & June 1			\$175
□ Eating Disorders	Pocatello	June 7 & 8			\$175
☐ Mindfulness Strategies in Therapy	Pocatello	June 14 & 15			\$175
☐ Ethical Issues in PSR & PSR Supervision	Pocatello	July 20		N/A	\$ 75
□ Clinical Supervision for Counselors	Pocatello	August 23 & 24			\$175
☐ Psychodiagnosis: Cultural, Ethical, Biological	Pocatello	Sept. 14 & 21			\$175
$\hfill\Box$ Ethics in Family, Couple and Marriage Counseling		Sept. 28		N/A	\$ 75
☐ Ethics in Private Practice, PSR/Case Management		Oct. 26		N/A	\$ 75
☐ Ethics in Private Practice, PSR/Case Management	Coeur d'Alene	May 30		N/A	\$ 75
☐ Psychodiagnosis: Cultural, Ethical, Biological	Coeur d'Alene	May 31 & June 1			\$195
☐ Ethics in Private Practice, PSR/Case Management	Meridian	June 6		N/A	\$ 75
☐ Psychodiagnosis: Cultural, Ethical, Biological	Meridian	June 7 & 8			\$175
☐ Ethical Issues in PSR & PSR Supervision	Meridian	June 14		N/A	\$ 75
$\hfill\Box$ Ethics in Family, Couple and Marriage Counseling	Meridian	June 29		N/A	\$ 75
☐ Clinical Supervision for Counselors	Meridian	July 12 & 1	.3		\$175
☐ Introduction to Play and Sand Play Therapy	Meridian	July 19 & 2	20		\$175
□ Eating Disorders	Meridian	August 9 8	k 10		\$175
☐ Mindfulness Strategies in Therapy	Meridian	August 23	& 24		\$175
☐ Sudden Impact: Ethical Considerations of	Meridian	September 7		N/A	\$ 50
□ Clinical Supervision for Counselors	Twin Falls	May 3 & 4			\$175
□ Psychodiagnosis: Psychotropic Medications	Twin Falls	June 21 &	22		\$175
		\$30 LATE	\$30 LATE FEE (if applicable)		
		Total Amo	unt En	closed	\$

^{*} A \$30 late fee will be assessed for applications postmarked less than 14 calendar days prior to workshop.